



Wellness Champion Description

The Indiana State Personnel Department and the Invest In Your Health program are in the process of recruiting volunteer Wellness Champions within each State of Indiana Agency and/or Location.

Wellness Champion Objective: Serve as an ambassador and resource to the State of Indiana Employee Wellness Program to build a culture of wellness by communicating Invest In Your Health program options to co-workers, while providing constructive program feedback to the Health & Wellness Manager.

Attributes of a Successful Wellness Champion:

- Passion for personal health & wellness
- Desire to help others
- Energetic
- Strong communication skills

Responsibilities:

- Lead the wellness initiative by example through practicing healthy behaviors
- Support the wellness program in an effort to help achieve program goals and objectives
- Assist in communicating Invest In Your Health programs through:
 - Sending provided emails
 - Displaying provided materials (posters, flyers, etc...)
 - Word of mouth
- Strive to build a culture of wellness within your agency and/or location
- Identify potential employee success stories
- Serve as a trusted source for collecting feedback and input from current wellness participants
- Assist in program improvement and development by providing appropriate feedback
- Maintain communication with superiors regarding activities related to being a Wellness Champion
- The Wellness Champion role is an additional, volunteer duty that is allowed on state time but will not interfere with primary job duties
- A reasonable amount of time involved with responsibilities listed above is no more than two (2) hours per month

Diversity

In order to create the most successful network of Wellness Champions, the Healthy & Wellness Manager will seek representation from all levels, agencies and locations to ensure appropriate coverage and diversity.

Term Length

In an effort to maintain fresh program ideas, Wellness Champions will serve a 1 year term; however, the Healthy & Wellness Manager may offer extended terms to highly successful Wellness Champions. Positions are subject to change based on constant evaluation to ensure equal and effective representation upon Health & Wellness Manager review.

Recognition

The efforts of Wellness Champions are greatly appreciated and very important to the success of the wellness program through building a culture of wellness at the State of Indiana. These volunteers will be recognized on the Invest In Your Health website.

Governor's Wellness Champion Award

Wellness Champions who go above and beyond and exemplify greatness in their role are eligible to receive the Governor's Wellness Champion Award. Wellness Champions are nominated by the Health & Wellness Director.

For further information on roles/responsibilities and to submit your request to become a Wellness Champion, view www.investinyourhealthindiana.com within the purple "Wellbeing" tab at the top.